

# Health Net's Wellness and Value-Added Programs

## SUPPORT FOR THE WAY YOU LIVE

*Health Net is focused on giving members the tools needed to help live a healthier, more productive life. Our valuable programs help empower members to make healthy lifestyle choices.*

Care access	
<b>Alternative Care</b>	Health Net offers robust Alternative Care Benefits, which includes massage, chiropractic, acupuncture, and naturopathic benefits with generous maximum visit limits through American Specialty Health. Although members are welcome to consult their PCP, they do not need a referral to see a participating provider. With this program, members are free to obtain care by self-referring to a participating provider. <a href="#">Learn more.</a>
<b>Behavioral Health</b>	Behavioral health benefits, administered by MHN Services, provide for treatment of mental health and substance use disorders. Out-of-state behavioral health benefits are available to PPO plan members through the First Health network of providers. <a href="#">Learn more about behavioral health benefits (PDF).</a>
<b>Nurse Advice Line</b>	Receive timely access to registered nurses for help with everyday health questions – 24/7. Members can get help with a number of health issues. These include how to care for minor injuries and illnesses, helping to spot health emergencies and help answering questions about medications. Members can call the Nurse Advice Line at <b>800-893-5597</b> .
<b>Teladoc</b>	Teladoc <sup>1</sup> provides supplemental telehealth services for members who can't see their regular doctor. By scheduling a visit with one of Teladoc's U.S. board-certified and licensed medical doctors, members can be diagnosed, treated and prescribed medication if necessary. Teladoc is available for non-emergency conditions like the flu, allergies, infections, and much more. Members also have access to therapists and psychiatrists by phone or video through Teladoc. Visit <a href="https://teladoc.com/hn">teladoc.com/hn</a> for more information.
Wellness and Value-added programs	
<b>Craving to Quit<sup>®</sup> program</b>	The innovative 21-day smoking and vaping cessation program covers most types of tobacco, lets members talk with a quit coach for encouragement and support and offers a personalized plan to quit. <a href="#">Learn more about the Craving to Quit program (PDF).</a>
<b>Eat Right Now Program</b>	An evidence-based program that combines neuroscience and mindfulness tools to help members identify eating triggers and ride out cravings to change their eating patterns for good. With help from videos and exercises, members will learn to listen to their body's hunger signals so they can differentiate between real hunger and emotional cravings. This progressive 28- day program lets members reshape how they eat in about 10 minutes a day. <a href="#">Learn more about Eat Right Now Program (PDF).</a>
<b>Health Coaching program</b>	<p><b>Health Coaching Program (telephonic):</b> With one-on-one support, members and a Health Coach find what motivates the member and address the specific health behaviors that affect short-term health risks and long-term goals. Members can call <b>855-430-5277</b> to schedule a Health Coaching call.</p> <p><b>Health Coaching Program (digital):</b> Consists of multiple lessons related to stress, smoking cessation, exercise, weight, gaps in care and more! <a href="#">Learn more about the Health Coaching program (PDF).</a></p>

(continued)

## Wellness and Value-added programs (continued)

<b>Healthy Discounts</b>	Get healthy and stay healthy with healthy discounts. <a href="#">Learn more about discounts available to Health Net members (PDF)</a> .
<b>RealAge® Program</b>	The RealAge® Program is our healthy behavior program targeting the 4 highest lifestyle risks – Stress, Sleep, Nutrition, and Activity. <a href="#">Learn more about the RealAge Program (PDF)</a> .
<b>RealAge® Test</b>	The RealAge Test provides members with a personalized report of behavioral and medical health risks. Immediately after taking the online RealAge Test, members will receive a personalized action plan. <a href="#">Learn more about the RealAge Test (PDF)</a> .
<b>Unwinding Program</b>	Unwinding is an evidence-based digital program that uses mindfulness to help members build resilience. Members will be able to use it throughout the day whenever they find themselves feeling stressed to get a quick dose of calm when they need it. Through breathing exercises, meditations, sleep support, visual relaxation and more, they'll get help to start living a less-stressed life. <a href="#">Learn more about Unwinding Program (PDF)</a> .
<b>More programs – Just for members!</b>	
<b>Active&amp;Fit Direct™ program</b>	The Active&Fit Direct program <sup>2</sup> offers access to 12,200+ standard fitness centers across the country for just \$28 a month (plus \$28 enrollment fee and taxes). <a href="#">Learn more about Active&amp;Fit (PDF)</a> .
<b>Find Help</b>	Free online directory of social service organizations personalized by zip code. <a href="#">Find Help</a> connects people with free or reduced cost services, which include medical care, food, or job training.
<b>myStrength</b>	<a href="#">myStrength</a> is a confidential online resource, personalized to help improve your mood. The program's self-help tools are designed to help empower members to become – and stay – mentally and physically healthy.

For more information, visit [www.healthnetoregon.com](http://www.healthnetoregon.com).

<sup>1</sup>\$0 copay per visit, deductible waived except on HDHP plans. Members should refer to their Plan Contract or Schedule for benefit details.

<sup>2</sup>Members/spouses must be 18 years or older to take part. Fees will vary based on fitness center selection. There is a 2-month commitment required. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Direct is a trademark of ASH and used with permission herein. Not all services may be available in all areas and the program may be changed (including monthly and enrollment fees and/or the introductory period) or discontinued at any time.

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